

**WHAT IS CLAIMED IS:**

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1. An orally administered composition, comprising hyaluronic acid having a dosage of between 35 to 45 mg and a low molecular weight of between 50,000 to 200,000 daltons.
  2. The composition according to claim 1, wherein the hyaluronic acid is derived from 400 to 430 mg of an extract containing 9% hyaluronic acid.
  3. The composition according to claim 1, wherein said composition is formulated into a soft gelatin capsule.
  4. The composition according to claim 1, and further including beeswax.
  5. The composition according to claim 1, and further including rice bran oil.
  6. The composition according to claim 1, wherein said composition is beneficial for internally softening the human skin.
  7. The composition according to claim 1, wherein said composition is beneficial to provide hydration to the dermis and epidermis layers of the skin
  8. The composition according to claim 1, wherein said composition improves the intercellular content of Hyaluronic Acid in the extracellular matrix (ECM).
  9. The composition according to claim 1, wherein said composition is beneficial for cartilage and soft tissue support.
  10. The composition according to claim 1, wherein said composition is derived as an extract from the combs of roosters.
  11. A method for internally softening the human skin, comprising oral administration of low molecular weight hyaluronic acid.
  12. The method according to claim 11, wherein the molecular weight
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of hyaluronic acid is between 50,000 and 200,000 daltons.

13. The method according to claim 11, wherein the dosage of hyaluronic acid is between 35 to 45 mg.
14. The method according to claim 13, wherein the hyaluronic acid with dosage of between 35 to 45 mg is derived from 400 to 430 mg of an extract containing 9% hyaluronic acid.
15. The method according to claim 11, wherein the hyaluronic acid is derived from rooster combs.

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